

## Full Report (All Nutrients) 45135030, ACT II 94 Fat Free Popcorn, UNPREPARED, GTIN: 00076150232202

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

**Report Date: April 30, 2017 04:14 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer ConAgra Foods Inc.

Nutrient	Unit	Data points	Std. Error	3.0 tbsp (39g) unpopped (makes about 6.5 cups popped) 39g	<sup>1</sup> Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	130	333
Protein	g	--	--	4.00	10.26
Carbohydrate, by difference	g	--	--	27.00	69.23
Sugars, total	g	--	--	0.00	0.00
<b>Minerals</b>					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	1.08	2.77
Potassium, K	mg	--	--	230	590
Sodium, Na	mg	--	--	190	487
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	0.50	1.28
Fatty acids, total monounsaturated	g	--	--	0.50	1.28
Fatty acids, total polyunsaturated	g	--	--	0.50	1.28
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	0	0

### Amino Acids

### Other

### Ingredients

Popping Corn, Palm Oil, Less than 2% of: Salt, Potassium Chloride, Natural and Artificial Flavor, Butter, Color Added, TBHQ and Citric Acid (for freshness). CONTAINS: MILK. *Date Last Updated by Company:* 09/08/2016